

# AFTERBURN

powered by Ochsner Health



AFTERBURN is a 45 minute high-intensity class that will have your calories burning days AFTER each session. Each heart-monitored session is led by certified and energetic personal trainers and is designed for all fitness levels to achieve more in less time.

## Pricing

- Member Monthly Unlimited ..... \$59
- Member 6 Sessions ..... \$90
- Non Member 6 Sessions ..... \$120
- Member Drop In ..... \$10
- Non Member Drop In ..... \$22.50

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	5:30	5:30	5:30	5:30	7:15	9:30
9:00	6:30	9:00	6:30	6:30	8:15	
12:00	9:00	12:00	9:00	9:00	9:15	
4:30	12:00	4:30	12:00	12:00		
5:30	5:30	5:30	5:30	5:30		
6:30	6:30	6:30	6:30	6:30		

For more information, email Chris at [christopher.perez@ochsner.org](mailto:christopher.perez@ochsner.org)

